

# Group Exercise and SilverSneakers® November 2016

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.		SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.						Yoga Core
9:30 a.m.	SilverSneakers® Circuit* Pickleball	Turf Time for Toddlers SilverSneakers® Classic*	SilverSneakers® Circuit* Pickleball	Turf Time for Toddlers SilverSneakers® Classic*	Pickleball	
10:30 a.m.	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*		ZUMBA® Gold
5:30 p.m.	Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Pilates R.I.P.P.E.D.	Nia® Move IT		
6:30 p.m.	ZUMBA® Vinyasa Flow II	Core 360 R.I.P.P.E.D.	Beginning Yoga Boot Camp	ZUMBA® Core 360		

\*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

## Excel Tae Kwon Do

Tuesdays and Thursdays,  
Nov. 8–Dec. 15

5:30–6:30 p.m. • \$50

Register by 11/13.

For all ages.

Class does not meet 11/24.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

## SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



## Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. The data collected from a fitness assessment gives you a starting point, and provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Stark at 812-349-3770 or [starme@bloomington.in.gov](mailto:starme@bloomington.in.gov) to learn more about body composition tests, or to schedule a fitness assessment. **TLRC membership is not required.**

### Includes:

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
  - Skinfold analysis: \$25
  - Bioimpedance analysis: \$5

By appointment only • For all ages.

## Group Exercise trial week Winter I session

Try any class for free  
Nov. 7–13.  
The Winter I session runs through Dec. 18.



1700 W. Bloomfield Rd.  
812-349-3720

### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.

Sat.–Sun.: 7 a.m.–10 p.m.

### Thanksgiving Hours:

November 24: Closed

November 25: 7 a.m.–1 p.m.



Twin Lakes Recreation Center

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# Free, Ongoing Programs for Adults (ages 50 yrs. and up) November 2016

The Lower Level is open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities.  
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

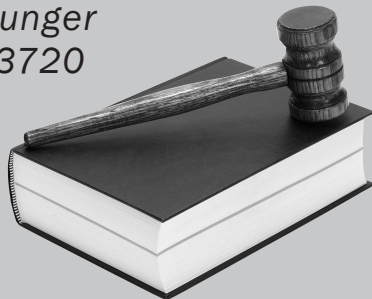
Participation in these programs is free and TLRC membership is not required.  
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>10:30 a.m.</b>	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German

## ADDITIONAL ACTIVITIES

### Legal Counseling

November 6 • 3 p.m.  
by Atty. Tom Bunger  
Call 812-349-3720  
to register.



### Pickleball

M, W, F • 9:30 a.m.–1 p.m.—Court 4  
TLRC or SilverSneakers®  
membership or  
purchase of a  
daily admission  
pass is required  
to participate.



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